

Suicide

Suicide is the second-leading cause of death among people age 10-24. By eliminating the misunderstanding and stigma that prevent individuals from speaking up and getting support, the incidence of suicide can be reduced.

Say this...

Warning signs - any of the behaviors below indicate an increased risk of suicide:

- Talking, writing or thinking about death.
- Impulsive, aggressive or reckless behavior.
- Increased alcohol and drug use.
- Social withdrawal from friends, family and the community.
- Dramatic mood swings.

Signs of imminent danger — any of the behaviors below should prompt immediate interventions:

- Putting affairs in order and giving away possessions.
- Saying goodbye to friends and family.
- Mood shifts from despair to calm.
- Unexplained interest in obtaining firearms or controlled substances.
- Talking about death.
- Self-harming behaviors.

What student-athletes can do:

- Call the National Suicide Prevention Lifeline at 800-273-8255.
- Reach out to a trusted friend, coach or athletics administrator.

Promote the use of stigma-free language

"Suicide attempt/attempted suicide."

AVOID: "Failed suicide" or "unsuccessful attempt"

"Died by suicide/suicide death."

AVOID: "Successful" or "completed suicide"

"Took their own life."

AVOID: "Committed suicide"

"Died as a result of self-inflicted injury"

AVOID: "Chose to kill themselves"

"Disclosed."

AVOID: "Threatened"

Information from:

http://www.ncaa.org/sites/default/files/2018SSI_Suicide_Fact_Sheet_20180601.pdf